Building progressions for accuracy and tactical awareness
Progression

From simple to difficult
From closed to open skill

How long do we stay in a closed skill routine?
As short as possible, but as long as necessary.
When do we move to the next level of a progression?

After a set time
After a set number of shots
After a set number of rallies (scoring)
When the coach decides (0-100)
When do we as coaches decide to move to the next level?

Definitely before the players start feeling bored.

Not before, they have reached a relaxed rhythm.

As soon as they start looking for the “short cuts”
How do we train accuracy?

Setting targets

Encouraging attacking shots against loose (inaccurate) shots
This option combines accuracy with tactical awareness
= understanding the WHEN and WHY to play a shot &
training the use of attacking and defensive options, PERCEPTION,
DECISION, ANTICIPATION, DOT distance/opportunity/time
Practical session:

Observing coaches decide when to move to the next level. Observe how accuracy develops as we progress and watch out for “short cuts”

3 – 4 players per court; players not involved in the rally stay in the back left corner

Winner of the rally always stays, loser leaves, player C serves...
1. Warm-up
Player A serves from the left, player B returns with a straight drive or volley, then straight drives to the back.

2. Adding an attacking shot
If a player moves in front of the opponent he/she may (DECISION) attack to the front left corner (volley boast/cross volley), defending player must retrieve and play to the right back corner (cross drive or lob).

3. Adding a counter-drop
When attacked the defending player can move to the front and optionally play a straight drop. The following shot must go to the back right corner.

4. Adding a second attacking shot
Now the attacking player can also play short to the front right corner, but again only if he/she is in front of the opponent.

5. Introduce scoring = conditioned game